

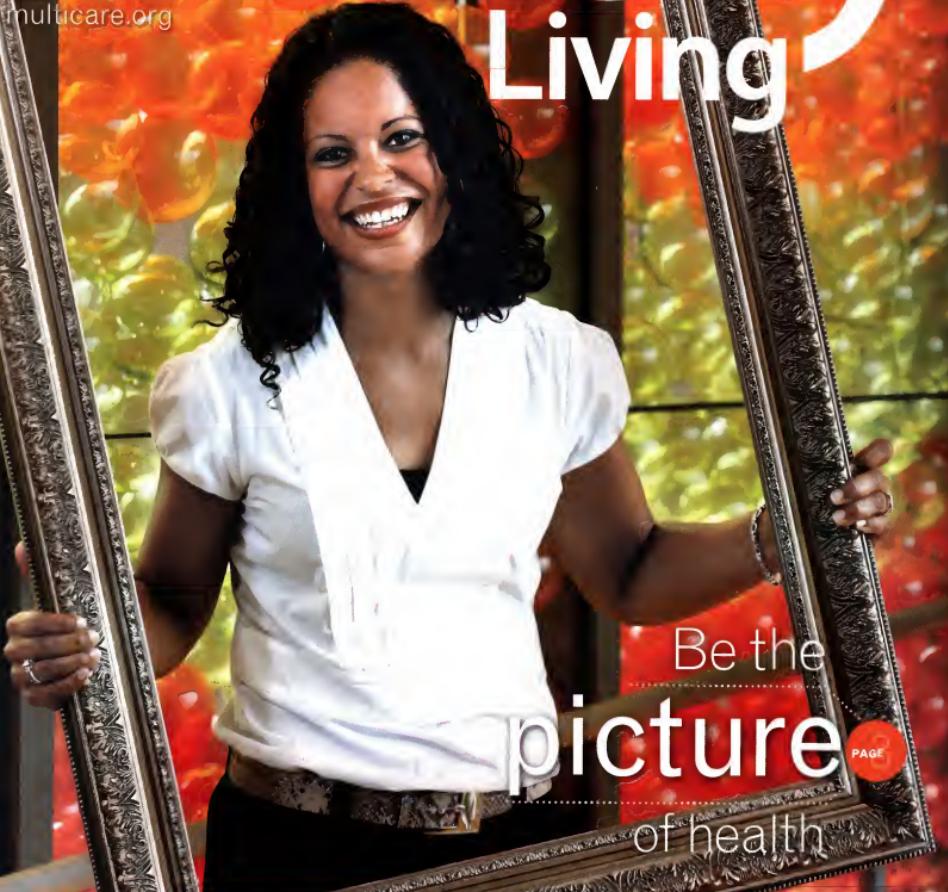
A MultiCare publication

FALL

2013

Healthy Living

multicare.org



Be the
picture
of health

PAGE

MultiCare 
BetterConnected

MultiCare Allenmore Hospital ~ MultiCare Auburn Medical Center
MultiCare Good Samaritan Hospital ~ MultiCare Mary Bridge Children's Hospital
MultiCare Tacoma General Hospital ~ MultiCare Clinics

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Win at the game of real life with these age-specific strategies.



10 All treats, no tricks

Help your kids keep Halloween both spooky and safe.



13 Future forward

By the minute, hour and year, the benefits of quitting tobacco add up.



MultiCare Health System is a leading-edge, integrated health system made up of five hospitals, numerous primary care and urgent care clinics, multispecialty centers, Hospice and Home Health services, and many other services. A not-for-profit organization based in Tacoma since 1882, MultiCare has grown over the years in response to the community's needs. Today we are the area's largest provider of health care services, serving patients at dozens of locations in Pierce, South King, Kitsap and Thurston counties. Learn more at multicare.org.

HEALTHY LIVING is published as a community service for the friends and patients of MultiCare Health System, a not-for-profit community organization, P.O. Box 5299, Tacoma, WA 98415-0299, **800.342.9919**, multicare.org.

For comments or suggestions about **HEALTHY LIVING**, please write to us at hlEditor@multicare.org. Information in **HEALTHY LIVING** comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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A message from the CEO

Summer vacations have come and gone, a new school year has begun and the holiday season is fast approaching. It's no wonder that this time of year often feels a bit hectic, and our already busy schedules seem even busier.

With packed schedules and long to-do lists, focusing on our health can sometimes take a back seat. This might seem like an effective time management strategy in the moment, but taking the time to eat right, exercise and make healthy choices is vital no matter how full our schedules are. In fact, healthy eating, exercise and rest are powerful antidotes to stress.

At MultiCare, we want to help you keep focused on your health throughout this busy time of year—but also respect the fact that your time is limited. That's why each feature in this issue delivers health tips in a format that you can quickly scan for items that are relevant for you.

A glance at page 6 reveals seven things you absolutely should do before and during a pregnancy. We share some hidden benefits of exercise on page 7. On page 8, you'll learn from MultiCare providers how to stay healthy at any age, and on page 10, you and your kids will find a cheat sheet for making Halloween both fun and safe. On page 12, you can put your knowledge of heart attack symptoms to the test. Finally, the short and long-term health benefits of quitting smoking are outlined on page 13.

With each passing year it seems our lives get more hectic. But don't let a full calendar get in the way of your health. Taking care of yourself, no matter what the season, will help ensure you and your family enjoy life to the fullest.

Have a safe and healthy fall,

Diane Cecchettini, RN
President and CEO
MultiCare Health System



Send us your 'healthy selfies'

This issue of *Healthy Living* is focused on helping you be the picture of good health, and we're taking that literally. Get out those iPhones, iPads and Android devices and send us your best on-the-fly self-portrait of you and your favorite family-friendly healthy activity—whether that's cooking a great meal, working out, getting your stress relief on or achieving your perfect work-life balance.

 Email your photos to heditor@multicare.org with your name, age and a brief description of what you're doing in the photo and why you like to do it. Select photos and descriptions will be shared on MultiCare's Facebook and other social media accounts, and one lucky entrant will be randomly selected to receive a complimentary body fat test and resting metabolic rate screening from the MultiCare Center for Healthy Living.

Photos must be received by Nov. 8, 2013, to be eligible for the drawing. The winner will be announced by Nov. 15. Visit multicare.org/healthyselfie for official rules and details.

Turning 65? Let us help you navigate Medicare enrollment

MultiCare has partnered with Medicare CompareUSA to provide our MultiCare Medicare Insurance Helpline to patients who are turning 65. This is a free service that helps you evaluate and compare Medicare insurance plans accepted by MultiCare, and provides answers to questions about your coverage after you're enrolled. The helpline can be reached at **866.391.4448**, Monday through Friday, from 9am to 5pm.



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Chat now at multicare.org

Our new online chat feature lets you instantly connect with a real person who can help you find a physician or location, register for a class, or answer your other questions about MultiCare services 24/7. Visit multicare.org/live-chat.

Have you signed up for MyChart?

MyChart, a free service for MultiCare patients, gives you secure online access to your personal health information, plus easy-to-use tools that make managing your health care simple and convenient. There's even a free app, available for iOS and Android. Visit multicare.org/getmychart to sign up.

Healthy Living on the go

Get the free Healthy Living app! Visit multicare.org/healthy-living-magazine for details.





MultiCare offers dedicated expertise for women with cancer

The Women's Cancer Center at MultiCare Regional Cancer

Center in Tacoma offers comprehensive care for women with gynecologic and breast cancer, including Tacoma's first multidisciplinary breast cancer care team. Our breast cancer and gynecologic cancer care teams bring together a full complement of skilled health care experts, all dedicated to offering women with cancer fully connected, seamless care in a welcoming, healing environment.

Through the Women's Cancer Center, cancer patients are connected to:

- Advanced cancer treatment, including minimally invasive robotic-assisted surgery
- Tacoma's only fellowship-trained breast surgeon
- The latest clinical research and trials
- The latest PET and CT scanning technology, offering the most precise imaging and ensuring the best tracking and targeting of cancer for the most effective treatment
- Complementary therapies, support services and resources, including acupuncture, massage therapy, bra fittings, and Gilda's on the Go classes and events

To learn more about our services and our providers, visit multicare.org/wcc.



Picture this

GENEROUS GRANT BRINGS 3D MAMMOGRAPHY TO THE CAROL MILGARD BREAST CENTER

Earlier this year, the Gary E. Milgard Family Foundation awarded a \$2.75 million grant to the Carol Milgard Breast Center in Tacoma to provide tomosynthesis (3D mammography) to aid in the early detection of breast cancer.

This gift brings 3D mammography to Tacoma. Used in combination with 2D mammography, 3D mammography improves the detection of breast cancer by 10 to 30 percent. The Carol Milgard Breast Center launched 3D mammography in June.

The foundation's gift will also expand availability of 3D mammography beyond the Carol Milgard Breast Center, which is jointly owned by Franciscan Health System and MultiCare Health System and managed by TRA Medical Imaging. Franciscan CEO Joe Wilczek; MultiCare CEO Diane Cecchettini, RN; and TRA CEO Dennis Carter have all committed to purchasing 3D units for their additional imaging centers in Pierce and King counties within the next two years. MultiCare expects to install a 3D unit in 2014.

To learn more about the Carol Milgard Breast Center or 3D mammography, visit carolmilgard3D.org.



Health care reform

Are you ready for open enrollment?

Let MultiCare help

AS PART OF the federal Affordable Care Act (ACA) passed in 2010 (also known as health care reform), most United States citizens and legal residents are required to have a basic level of health insurance coverage starting Jan. 1, 2014.

Beginning Oct. 1, 2013, if you are currently uninsured, you can use the Washington Health Benefit Exchange website (wahealthplanfinder.org) to shop for coverage or find out if you are eligible for expanded Medicaid. Under the ACA, individuals cannot be denied coverage due to a pre-existing health condition, and there are no dollar limits on essential health services.

If you wish to enroll in a plan that uses MultiCare's network of physicians, hospitals and clinics, you will

have several options:

- The health insurance plan BridgeSpan will use MultiCare as its exclusive Pierce County hospital and physician network.
- Molina and Community Health Plan of Washington will also provide access to MultiCare as a part of their broader network options.

Note that the Exchange is just one way people can shop for health coverage. You can still get coverage through your employer, if you're eligible, or directly from an insurance company. You will have to buy coverage through the Exchange to apply for subsidized coverage.

Open enrollment is available through March 31, 2014. Medicaid enrollment is available year-round.

 MultiCare is a partner with the Tacoma-Pierce County Health Department and Public Health Seattle & King County in providing assistance answering enrollment questions and enrolling individuals in a plan through the Exchange. Our Financial Counseling department has trained staff who can answer enrollment questions and help you enroll in a plan through the Exchange. To reach them, call **800.613.4133**, Monday through Friday, 8am to 5pm.

 Individuals may be eligible to get financial assistance from the government to help pay for health coverage, based on income and family size. To find out if you qualify for financial assistance, visit the Washington Health Benefit Exchange (wahealthplanfinder.org) or call **855.WA.FINDER** (**855.923.4633**) or TTY/TDD **855.627.9604**.

For more information, visit **multicare.org/healthreform** or the Washington Health Benefit Exchange at **wahealthplanfinder.org**.



How to enroll

Starting **Oct. 1, 2013**, individuals can shop for and purchase coverage through the Washington Health Benefit Exchange (wahealthplanfinder.org) or find out if they are eligible for Medicaid.

- Open enrollment begins Oct. 1 and ends March 31, 2014. Medicaid enrollment is available year-round.
- Health care coverage begins on Jan. 1, 2014.
- Help enrolling is available online, over the phone and in person. Visit wahealthplanfinder.org or call **855.WA.FINDER** (**855.923.4633**). TTY/TDD users can call **855.627.9604**.
- MultiCare's financial counseling staff is also available to answer enrollment questions Monday through Friday, 8am to 5pm, at **800.613.4133**.



Get the help you need.
Learn about all the resources
MultiCare has to prepare you
for, and help you through,
your pregnancy at multicare.org/
 **obcareconnect.**

Path to a healthy pregnancy

WHETHER YOU'RE THINKING about getting pregnant or just in the "some-day" stage, it pays to plan ahead. For a pregnancy that is as smooth and surprise-free as possible, follow these steps from OB-GYNs Moritz Bartels, MD, and Orestes Molina, MD, with the Women's Health and Wellness Center at MultiCare Gig Harbor Medical Park.

Before pregnancy

- **Start taking prenatal vitamins.** This maximizes their effects, says Dr. Bartels, especially folic acid's role in preventing birth defects.
- **Quit smoking and cut down on caffeine and alcohol.** Smoking is an obvious health threat to both you and your baby. And while most doctors agree that a little caffeine is OK, there is no scientifically proven number of "safe" alcoholic beverages for pregnant women.
- **Eat as if you're already pregnant.** Focus on healthy, regular meals and cut back on foods such as shellfish, undercooked meat and unpasteurized dairy products. Eating right is especially important if you're overweight, which increases your odds of complications. And trying to lose weight after you become pregnant is risky. "Pregnancy is certainly not a time to go on a diet," Dr. Bartels says.
- **Establish an exercise routine.** "Lots of patients think when they are pregnant they can't or shouldn't exercise," Dr. Molina says. "That's just not true." But it's rarely a good idea to start a new fitness program after you become pregnant, so start pre-pregnancy for best results.

You're pregnant! Congratulations!

If you haven't followed the steps above yet, now is the time. It's important to continue healthy eating habits, keep up with your exercise routine and take your vitamins. And now that a baby has joined you on your journey, here are a few more to-dos:

- **Watch out for heartburn.** Steer clear of citrusy, spicy and fatty foods; eat several small meals throughout the day; take your time when eating; and drink fluids between, not during, meals.
- **Get a flu shot.** Pregnant women are at a higher risk for serious flu complications.
- **Avoid critter litter.** Cat feces can carry the parasite *Toxoplasma gondii*, which can put you at risk for toxoplasmosis, an infection that can be very harmful to your baby.

Pregnancy by the numbers

8 Percentage of women who have high blood pressure issues during pregnancy.

30 Minimum minutes of moderate exercise you should get on most, if not all, days of the week.

400-800

Amount, in micrograms, of folic acid you should get daily to lower the risk of some birth defects.

Maximum number of pounds you should expect to gain during pregnancy if you were at a healthy pre-pregnancy weight.

Estimated weeks between conception and delivery. This is usually calculated from your last period.

5

SURPRISING
BENEFITS of exercise

YOU ALREADY KNOW that exercise is good for the heart, bones and muscles. It lowers the risk of type 2 diabetes and osteoporosis and helps lower blood pressure and cholesterol. But just in case you need a further incentive to move, here are more benefits that you may not be aware of.

1

A healthier, keener mind

Regular exercise can lower the risk of Alzheimer's disease by 50 percent.

It can also improve sleep, encourage new brain cells and reduce depression. How? It keeps nourishing chemicals flowing to the brain so that thinking, learning and memory skills stay sharp.



2

Lower risk of cancer

Regular exercise is directly linked to lower risk of two kinds of cancer: breast cancer and colon cancer.

Exercise also affects weight, so it can indirectly affect other cancers as well. The American Cancer Society estimates that one out of every five cancer deaths in the United States is caused by excess weight.



3

Better driving abilities

Regular exercise improves your range of motion.

Add flexibility exercises along with aerobic, balance and muscle-building routines, and you'll be able to twist and turn better—motion that is required to look over your shoulder when driving a car. To enhance your flexibility, consider exercises like chest and shoulder expansions and shoulder stretches.



4

Less painful joints

A review of studies of patients with arthritis pain in a hip found that exercise reduced their pain by almost 50 percent.

Regular exercise works just as well as—and maybe better than—medicine to reduce joint pain in people with arthritis, according to research.



5

Fewer colds and infections

Exercise has been linked to a temporary boost in the production of macrophages, the cells that attack bacteria.

Moderate exercise seems to prod immune cells to circulate in the body more quickly. These cells kill bacteria and viruses.

**How much exercise?**

Adults should get at least 150 minutes of moderate exercise, or 75 minutes of vigorous exercise, a week.

Stick with it for two months. It takes about two months for a routine to become a habit.

Stay healthy AT ANY AGE

Birth to 5 years

THE IDEAL FIRST FOOD

Babies fare best with breast milk, the ideal first food. It contains disease-fighting antibodies, which help prevent ear infections, diarrhea, pneumonia and wheezing.

SLEEP RIGHT



BABIES who fall asleep on their tummies are vulnerable to sudden infant death syndrome (SIDS).

INFANTS should sleep on their backs, unless a doctor says otherwise.

FRIENDLY FATS

Low-fat or fat-free dairy products should be off-limits until age 2. Until then, fat is crucial for growth and brain development.

0 1 2 3 4 5 6 7

SIT SAFELY

Children this age should always travel in a properly installed car safety seat—no exceptions.

DODGE DISEASES

Children should have **most** of their vaccines by age 2, one reason why checkups are so crucial early in life. Vaccines can protect youngsters from more than a dozen serious diseases.



6 to 18 years

PICK UP THE PACE

Kids 6 and older need at least one hour of physical activity every day, including vigorous exercise at least three times weekly. Active children are less prone to piling on pounds and winding up with a lifelong weight problem.

TAKE A SEAT

After your child outgrows his or her car seat, the next step is a booster seat. Washington state law requires children to ride in a child restraint (car seat or booster seat) until they're at least age 8 or 4 feet 9 inches tall. Children under age 13 are required to ride in the back seat wherever practical.



TV and other screen time shouldn't exceed two hours daily. This is a key way to help children move more.



ROLE MODELS

Children this age need parents who have clear expectations and share information about risky habits, such as drinking or having sex.



Good health may be something you're born with. But it's nothing you should take for granted. To stay healthy, certain precautions are essential at every stage of life—starting in infancy and continuing throughout life.

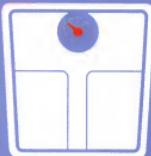
19 to 39 years Prime numbers

- This is when many of us start cooking for ourselves. Eating well now can help head off heart disease later on. Build your diet around produce, whole grains, low-fat dairy products and lean protein.
- Find a primary care doctor. Regular checkups help ensure that immunizations (such as tetanus booster shots) and screening tests (such as Pap tests for women and blood pressure checks) aren't overlooked.
- Daily exercise remains essential. Adults generally need at least 2½ hours of moderate exercise weekly.
- Cope with stress by using good habits, such as exercising, rather than risky ones, such as smoking.



40 to 59 years

Testing 1, 2, 3

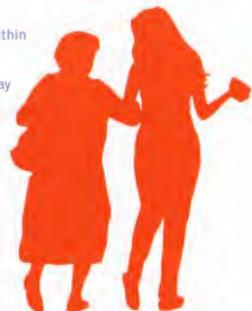


- Unwanted pounds often show up in middle age. A good defense is stepping on the scale at least weekly. If pounds creep on, it's time to cut back on calories or exercise more, or both.
- At 40, most women should ask their doctor when to begin getting mammograms. At 50, most men should ask about the pros and cons of prostate screening. Colon cancer testing is generally advised for everyone starting at 50.
- Now is also an ideal time to ask a doctor what precautions—beyond screening tests—raise the odds of aging well.

60 years and beyond

Active bodies and minds

- No matter how many years older adults have smoked, their risk of a heart attack drops within the first year of quitting.
- Likewise, sedentary seniors who—with a doctor's OK—gradually become more active may control or even prevent diabetes, heart disease and high blood pressure.
- Adults should exercise their minds as well as bodies. Mentally stimulating activities, such as doing crossword puzzles or tackling a new language, can keep older adults mentally alert.
- Adults this age should regularly review their medicines with a doctor to help guard against potentially dangerous interactions.
- Seniors should check with their doctors to see what immunizations (such as a yearly flu shot) or screening tests (such as a bone density test for women age 65) are a must.



Health Tip: Primary care physicians are available at more than a dozen MultiCare clinics to help keep you and your family healthy. For clinic locations, go to multicare.org/clinics.

The perfect Halloween

Safety tips for trick-or-treaters



Costumes

- To see better, wear makeup instead of a mask and keep hats and scarves out of your face.
- Costumes should be short and not too big or baggy, so you can move easily without tripping.
- Remember, costumes also include shoes—and shoes need to fit and be easy to walk in.
- Select swords and other accessories that are short, soft and flexible.
- Decorate costumes and treat bags with reflective tape.



Treat time

- Have children wait to eat the night's goodies until they are back at home.
- Double-check candy for any signs of tampering.
- Throw away any candy if the wrapper is faded or torn or if the candy is unwrapped.

COSTUMES, candy and monsters—oh, my! Is it any wonder that kids can't wait for Halloween to arrive? When it finally does, you want to be sure that your child is safe.

"Parents should take extra safety precautions, especially as kids head out for trick-or-treating," says Laura Miccile, supervisor for MultiCare Health System's Center for Childhood Safety at Mary Bridge Children's Hospital in Tacoma. "It's usually dark outside. And kids are wound up and thinking about candy, not traffic. There are lots of cars on the road, and if you're not careful, it can be a risky mix." She offers these other helpful tips for parents and kids to read together.

Street smarts

- Watch for cars that are turning or backing up.
- Use sidewalks whenever possible—and walk on the far edge of the road, facing traffic, when sidewalks aren't available.
- Stay off lawns and walk, rather than run, from home to home.
- Cross streets only in designated crosswalks or at a corner.

- Never dart out into the street from driveways or between parked cars.

A prepared kid is a happy kid

Miccile strongly advises that a trusted adult accompany all children younger than age 12 on their neighborhood rounds. "Kids under 12 might not be able to consistently cross the street safely, particularly when they're distracted by all the excitement of Halloween," she stresses.

Older kids should:

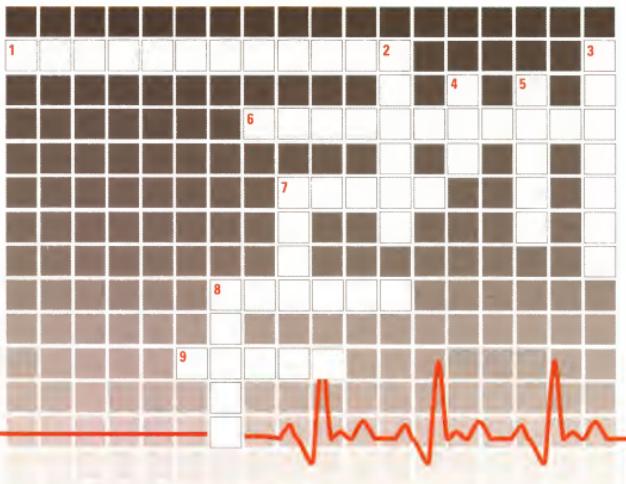
- Carry a cellphone.
- Carry a flashlight.
- Make sure to trick-or-treat in groups.
- Never enter a home or a car for a treat.
- Have an established route that has been agreed upon beforehand.
- Agree to be home at a specific time.

This last safeguard is particularly important, says Miccile. "Kids running out into the street from either a driveway or between parked cars can be tough for drivers to spot."

And because excited kids may move in unpredictable ways, anyone behind the wheel on Halloween should take care to drive slowly and be especially alert in residential neighborhoods.

MultiCare's Center for Childhood Safety is committed to protecting children from avoidable injuries. We can answer questions about car seats, help determine if a child's bike helmet fits properly, loan out life jackets—and much more. Call us at **253.403.1234**.

Secret signs of a **HEARTATTACK**



ACROSS

1. Hot and bothered? _____, or sweating, even on a cool day, can be a sign of a heart attack.
6. When blood flow is the problem. During a heart attack, _____ to the heart is blocked.
7. Getting weary? Even though they may be fully rested, some people feel very _____ before their heart attack.
8. Feeling winded? Shortness of _____ can signal heart disease—or a full-on heart attack.
9. Heart attack symptoms can be different by gender. For example, _____ are more likely to experience fatigue, upper back pressure or shortness of breath.

DOWN

2. Feel sick? When the digestive system receives less blood, _____ can be a sign.
3. Don't delay! Call 911 within _____ of experiencing signs of a heart attack.
4. In addition to chest pain, discomfort can be felt in the _____, neck, arms, back or stomach.
5. When your world is spinning. Some people feel light-headed, _____ or even faint with a heart attack.
7. Tick-tock! Just like with a stroke treatment, _____ is everything.
8. Go with the flow! The longer the heart goes without treatment to restore _____ supply, the greater the damage may be.

Answers

Across: 1. pressure; 2. nausea; 3. minutes; 4. jaw; 5. dizzy; 7. neck; 8. blood; 9. women
Down: 2. nausea; 3. minutes; 4. jaw; 5. dizzy; 7. neck; 8. blood; 9. women

"The 'Hollywood'-type chest pain that drops you to your knees doesn't happen as much as we might think. Many people have mild to moderate pain."
—Dan Mumme, MD

Most heart attacks involve chest discomfort, often described as pressure, squeezing, fullness or pain. But the feeling isn't always sudden or intense. And it may even be mistakenly blamed on a spicy meal.

"A lot of times people will describe not so much a crushing chest pain but symptoms that feel like heartburn," says Dan Mumme, MD, a heart surgeon at MultiCare Tacoma General Hospital.

Then there are times when a person has a heart attack without even knowing it is one—until after the damage has already been done. That's because the symptoms are not as obvious. Solve the puzzle at left to unearth some things you might not know about heart attacks.

Have you experienced one of these signs? Schedule a Heart Check screening to discover your heart disease risk. To learn more, visit multicare.org/heart.

Be a QUITTER



You know smoking is bad for you, but quitting is just so hard!

Boost your willpower and motivation with this timeline of positive health changes your body will experience after you quit—starting just 20 minutes after your last cigarette.



20 minutes after quitting

Your heart rate drops to a normal level.

12 hours after quitting

The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting

Your risk of having a heart attack begins to drop.

Your lung function begins to improve.

1 to 9 months after quitting

Your coughing and shortness of breath decrease.

1 year after quitting

Your added risk of coronary heart disease is about half that of a smoker's.

10 years after quitting

Your risk of dying from lung cancer is about half that of a smoker's.

5 to 15 years after quitting

Your risk of having a stroke is reduced to that of a nonsmoker's.

Your risk of getting bladder cancer is half that of a smoker's.

Your risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases.

15 years after quitting

Your risk of coronary heart disease is the same as that of a nonsmoker.



We can help you quit smoking.

Sign up for our online smoking cessation series. Go to multicare.org/quitsmart.

Sources: U.S. Department of Health and Human Services, The Health Consequences of Smoking: A Report of the Surgeon General, Atlanta, Ga.; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.



Ready, Set, Go! 5210

Ready, Set, Go! 5210 is a community-based initiative to promote healthy lifestyle choices for children, youth and families. It is made possible by a partnership between MultiCare Mary Bridge Children's Hospital, ACHIEVE and multiple community partners.

5210 means that every day you should aim for:

- 5 servings of fruits and vegetables
- 2 hours or less of recreational screen time (TV, computers and video games)
- 1 hour or more of physical activity
- 0 drinks with added sugar. Drink more water and low-fat milk.

Visit letsgo.org for additional resources. Or visit multicare.org/5210. (The Ready, Set, Go! 5210 program is adapted from the Let's Go! program in Portland, Maine.)

Smart steps FOR A HEALTHY LIFE

Take control Education and support for managing your health and safety

Heart Healthy Eating Class

Perfect for anyone with a personal or family history of heart disease or high cholesterol. Learn how fats, cholesterol, carbohydrates and salt affect heart health, plus how to look out for your heart at the grocery store and in restaurants.

Fee: \$30/person, \$45/couple
MultiCare South Hill Clinic,
253.697.8141

Diabetes Education

A variety of education programs, including insulin pump instruction, and individual appointments are available. Program costs may be covered by your insurance plan. Doctor referral needed.

- Tacoma, Gig Harbor, 253.403.1726
- South King County, 253.572.7010
- Auburn, 253.333.2580
- East Pierce County, 253.697.2801

Pulmonary Rehabilitation

Classes for adults with chronic lung conditions. Cost may be covered by insurance.

- MultiCare Allenmore Hospital, 253.459.6623
- MultiCare Auburn Medical Center, 253.333.2559

Heart Failure University

A series of free classes to better understand and manage heart failure is now offered to patients and families. The six-module series topics include Understanding Heart Failure, Self-Care and Risk Factors, Nutrition/Cooking, Heart Failure Medications, Exercise, and Advanced Care Planning.

- Tuesdays and Thursdays, 11am
- MultiCare Tacoma General Hospital, 8 Phillips Education Classroom

Contact Kathy Ueland, Heart Failure Clinical Coordinator, at 253.403.4459 with any questions or to enroll in the classes. See multicare.org/calendar for details.

Aquatic Therapy Rehabilitation

MultiCare Rehabilitation Specialists, 253.459.6999

Staying Safe: First Aid

Understand standard first aid and adult CPR. Certification requires written and skills exams. American Red Cross, Tacoma, www.rainier-redcross.org

Cardiac Health & Rehabilitation Program

Medically monitored exercise therapy and lifestyle education about risk-factor reduction, medications, nutrition and stress reduction for patients who have had a heart attack, cardiac bypass surgery, angioplasty/stents, heart valve surgery or angina. Doctor referral needed.

- MultiCare Auburn Medical Center, 253.333.2559
- MultiCare Tacoma General Hospital, 253.403.1058
- MultiCare Gig Harbor Medical Center, 253.403.1058
- MultiCare South Hill Clinic, 253.697.8141

Lymphedema Networking Group

Meet other people with lymphedema and share information and your own stories.

Every second Wednesday, 7pm
Good Samaritan Cancer Center, Conference Room
400 15th Ave. SE, first floor,
253.697.4899

Stretch and Strength for Cancer Survivors

Eight-week session, Tuesdays, 9 to 10am
Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Comfort Therapy Program

Comfort therapy includes massage and Reiki treatments for patients and caregivers.

Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Save the Date

Tuesday, Nov. 12, 5:30 to 8:30pm

Girls Night Out

Bring your friends for some girl time! The evening's events will include demonstrations, sample treatments and products, as well as delicious hors d'oeuvres.

MultiCare MedSpa, MultiCare Gig Harbor Medical Park
Fee: \$25 before Thursday, Oct. 24; \$30 after
Registration is required.
RSVP to 800.342.9919.

Healthy Steps— Moving You to Better Health with the Lebed Method

A therapeutic exercise and movement program to help regain range of motion and balance both physically and emotionally, reduce swelling from lymphedema, and improve overall health. Available to those with breast cancer and other cancers, chronic illness, and lymphedema.

Every Wednesday, 5:30 to 6:30pm
Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Gentle Pilates for Cancer Survivors

- Eight-week session, Mondays, 5:30 to 6:30pm
- Eight-week session, Fridays, 8:30 to 9:30am

Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Knit for Life

Support and enhance the lives of cancer patients and their caregivers with the gentle and healing experience of knitting. Patients and caregivers can come together to share experiences and concerns in a relaxed and supportive environment. No registration required.

- Tuesdays, 10:30am to 12:30pm, MultiCare Regional Cancer Center Medical Oncology Clinic, Auburn
- Tuesdays, 1:30 to 3:30pm, MultiCare Regional Cancer Center Medical Oncology Clinic, Tacoma General Hospital
- Every other Wednesday, 10:30am to 12:30pm, MultiCare Regional Cancer Center Medical Oncology Clinic, Gig Harbor

Look Good... Feel Better

An American Cancer Society program for female patients going through chemotherapy or radiation to learn to enhance their appearance using makeup, wigs, scarves and turbans.

- Every third Monday, 2 to 4pm, Dr. Richard C. Ostenson Cancer Center at Good Samaritan
- Every second Tuesday, 2 to 4pm, MultiCare Gig Harbor Medical Park
- Every fourth Wednesday, 1 to 3pm, MultiCare Regional Cancer Center, Katterhagen Room, Tacoma

Registration required. Call 800.227.2345 to reserve your spot.

Check your health

Screenings to help you stay healthy

Breast Health and Bone Density Screenings

Comprehensive DXA screening for osteoporosis as well as everything you need for breast health: mammography, ultrasound, stereotactic biopsy, clinical breast exams and education.

- MultiCare Auburn Clinic, 253.876.8190
- MultiCare Covington Medical Center, 253.792.6220
- MultiCare Gig Harbor Medical Park (DXA screening and breast health screening only), 253.792.6220
- Carol Milgard Breast Center in Tacoma, 253.759.2622
- Diagnostic Imaging Northwest—Puyallup Imaging Center, 253.841.4353
- Diagnostic Imaging Northwest—Sunrise Imaging Center, 253.841.4353
- Diagnostic Imaging Northwest—Bonney Lake Imaging Center, 253.841.4353

Heart Check Screening

A personalized consultation with a cardiac prevention specialist. Includes heart disease risk analysis and basic lab tests.

Fee: Starts at \$55

- MultiCare Tacoma General Hospital, 253.403.1726
- MultiCare Covington Heart Center, 253.372.7010
- MultiCare South Hill Clinic, 253.697.8141

MultiCare Immunization Clinic at South Hill Mall

For adults and children.
Call for current schedule.
253.403.1767 (children)
253.697.1426 (adults)

Unless otherwise noted, visit multicare.org/class or call 800.342.9919 for information or to register.



Going strong with Gilda's on the Go

MultiCare Regional Cancer Center is partnering with Gilda's on the Go to bring Gilda's Club activities and events to Tacoma. All activities are free and open to the community.

GILDA'S ON THE GO



Visit gildasclubseattle.org/activities for a full listing of offerings.

Gilda's on the Go support groups

MultiCare Auburn Medical Center

• Gilda's on the Go Patient/Caregiver, drop-in support group—second and fourth Wednesdays, 11am to 12:30pm

MultiCare Tacoma General Hospital

All groups at Tacoma General are from 6 to 8pm. They are not drop-in; please call 866.200.2383 for more information.

• Breast Cancer Under 40—second and fourth Mondays

• Breast Cancer—second and fourth Wednesdays

• Wellness (for people with a cancer diagnosis)—second and fourth Tuesdays

• Family/Friends (caregivers)—second and fourth Tuesdays

• Ovarian Cancer—first and third Wednesdays

Lunchtime Learning at MultiCare Tacoma General

All from noon to 1pm at the Katterhagen Resource Center

• "Nutrition for Cancer Survivorship," Wednesday, Oct. 9, 2013,

• "Cancer in the Workplace" (for MultiCare staff), Wednesday, Nov. 13, 2013.

Lecture

"Take Control of Side Effects with Medicine, Mind and Body," Tuesday, Oct. 29,

6:30 to 8pm, MultiCare Regional Cancer Center – Puyallup.

Side effects during and after cancer treatment can range from mild to severe, be short-term or last for months or years. Dan Labriola, ND, explains how natural medicine treatments apply to the challenges faced during cancer treatment and beyond.

A calendar of events, classes and screenings

October to January

Living Well With Chronic Conditions

This six-week workshop, offered through MultiCare's chronic disease management program, was developed at Stanford University and helps patients with chronic diseases learn self-management skills. Topics covered include eating well, managing stress, managing medications, setting goals, working with your health care team and more.

• MultiCare Allenmore Hospital, Basement Classroom

Wednesdays, Jan. 15 through Feb. 19, 2 to 4:30pm

• MultiCare Gig Harbor Medical Park, Community Room

Tuesdays, Jan. 14 through Feb. 18, 9:30am to noon

Call 253.792.6710 to register.



Light Up a Life Memorial Celebration

Sunday, Dec. 8, 3 to 6pm

Rogers High School Performing Arts Center, Puyallup
253.301.6400

Living With Grief Through the Holidays

Sunday, Nov. 10, 3 to 5pm

University Place Presbyterian Church
253.301.6400

Our healthy community

Programs and activities to help build a healthier community

MultiCare Center for Healthy Living

Education and programs for community members and corporations. We promote health and wellness with exercise, nutrition, weight loss, life balance and tobacco cessation. This community resource is made possible by generous gifts donated through the MultiCare Health Foundation. 253.301.5095

Healthy@Work

Boost productivity and reduce absenteeism with this work-site wellness program. Program offerings include health screenings and health education programs and classes, all taught on-site for companies of all sizes.

253.301.5093

multicare.org/healthy-at-work

Sports Nutrition

- Sport-specific nutrition counseling
- Body fat testing using the Bod Pod
- Resting metabolic rate testing

For more information and pricing, visit multicare.org/sports-nutrition-tacoma.
253.301.5091

WIC Nutrition Program

Federal nutrition program for low-income pregnant and breastfeeding women and their children up to age 5. MultiCare Mary Bridge Children's Hospital and other locations, 253.403.1349

Power Shopper

Develop your cart-smart skills by joining a tour of your local supermarket, led by a MultiCare dietitian. Save time and money as you learn the top decision points to make better choices. 253.301.5095

Family health and safety

Resources to help keep your kids safe and healthy

Children's Asthma Education

Education for children with asthma and their families. Parents, other caregivers, and children ages 8 and older are welcome to attend. Mary Bridge Children's Health Center, 253.792.6630

PowerCook: A Month of Healthy Meals

Looking for a way to save time and make healthy family meals on a budget? Learn to PowerCook! Fix and freeze 30 nutritious meals, and sample a few finished products. Taught by a registered dietitian and certified diabetes educator from MultiCare Health System. Fee: \$35; \$30 for YMCA members and MultiCare employees. For upcoming dates, please visit piercecountygetfit.org or call 253.301.5095.

Life Jacket Loans

Free life jacket loans available year-round. Loaned for up to one week. Limited quantities. Available in Tacoma and Maple Valley by appointment. 253.403.1234, Tacoma
multicare.org/childhoodsafety
253.372.7680, Maple Valley

Pediatric Weight and Wellness

Family wellness groups for children and teens ages 6 to 17 and their families.

multicare.org/marybridge/pediatric-weight-wellness
253.403.1237

Mary Bridge Mobile Immunization Clinic

For children from birth to 18 years old in Southwest Washington. Available at various locations.

253.403.1767 or
800.552.2149, ext. 1767
multicare.org/immunizationclinic

Children's Diabetes Education and Clinic

Individual education for children newly diagnosed with diabetes and for their families. By appointment for those who need further education or review. Classes, camps and support groups also available. Mary Bridge Children's Hospital & Health Center, 253.792.6630

Custom-Fit Helmets

Bring in your helmet, and have our trained staff custom-fit it. Wearer must be present.

- Tacoma (fittings only, by appointment), 253.403.1234
multicare.org/childhoodsafety
- Maple Valley (fittings only, by appointment), 253.372.7680
- Puyallup (sales and fittings—call for prices and times), 253.697.7385

Car Seat Inspections

Car seat inspections and phone consultations by certified technicians.

- Tuesdays, 9 to 10:30am, Mary Bridge Center for Childhood Safety and Sound Building, 1112 S. Fifth St., Tacoma
- Third Wednesday of the month, by appointment, Good Samaritan Hospital, Puyallup Call 253.403.1417 to schedule an appointment.

Other inspection locations and dates available by appointment. Call 253.403.1417 for a schedule, or visit multicare.org/childhoodsafety.

South King County Car Seat Inspections

Car seat inspections are available through Safe Kids South King County.

Second Thursday, 12:30 to 2:30pm, MultiCare Auburn Medical Center parking garage, by appointment. Call 206.987.SAFE (7233) for an appointment or additional information.



Unless otherwise noted, visit multicare.org/class or call 800.342.9919 for information or to register.

Stay Healthy Resources to help adults stay active

Home Health Resources

Comprehensive in-home services provide nursing, therapy, social work and aide care to help people manage their illness and recovery at home. 253.301.6400 or 888.516.4504

MultiCare Celebrate Seniority

This senior membership program for people 55+ consists of people who are interested in maintaining good health and vitality throughout life. This program provides access to health education, information, discounts, socializing and volunteer opportunities. 253.697.7385

Adult Day Health

Promoting independence for older (and disabled younger) adults in Tacoma.

253.459.7222

Exercise for Seniors

Thursdays, 11am to noon LifeCare Center of Puyallup, 511 10th Ave. SE, Puyallup Call Daisha Cruz at 253.845.7566.

Exercise for Parkinson's

Thursdays, 11am to noon LifeCare Center of Puyallup, 511 10th Ave. SE, Puyallup Call Daisha Cruz at 253.845.7566.



You belong at the Y to improve your health

We are a community with an everyday mission to help you achieve a balance of spirit, mind and body. We do that by encouraging good health and fostering connections with new and old friends through fitness, fun and shared interests. Start your journey to health:

- In a group exercise class, like toning, yoga, and Pilates
- With a healthy living coach creating a personalized fitness and nutrition plan
- On a state-of-the-art treadmill, working toward a new goal
- Surrounded by supportive peers in a small group

Learn more or register at ymcapkc.org.

Join the Y today

Visit ymcapkc.org, or check out the location nearest you:

- Tom Taylor Family YMCA, 253.853.9622 (Gig Harbor)
- Mel Korum Family YMCA, 253.841.9622 (Puyallup)
- Morgan Family YMCA, 253.564.9622 (North Tacoma)
- Lakewood Family YMCA, 253.584.9622
- Tacoma Center YMCA, 253.597.6444 (Downtown Tacoma)
- Bremerton Family YMCA, 360.377.3741
- Haselwood Family YMCA, 360.698.9622 (Silverdale)



**FESTIVAL
of TREES**
Mary Bridge Children's
Hospital & Health Center

Ring in the holiday with the Festival of Trees

This year celebrates Mary Bridge's 27th Annual Festival of Trees—Bells Will Be Ringing.

Each year the Festival of Trees kicks off the season in the South Sound with a glittering display of 60 exquisitely decorated trees and a host of holiday events—all while raising money to support the lifesaving efforts of MultiCare Mary Bridge Children's Hospital & Health Center.

Start your holidays with one of the many festive events taking place in our forest of decorated trees. Events open to the public include:

- Ladies Night Out on Thursday, Dec. 5, from 6 to 9pm (registration required), \$65 before Nov. 2, \$75 after
- Jinglebell Jam, Saturday, Dec. 7, 6 to midnight, \$125
- Public viewing days are Saturday, Dec. 7, from 9am to 2pm, and Sunday, Dec. 8, from 10am to 3pm

For more information, visit marybridge.org/fot or call 253.403.3095. Or follow the Mary Bridge Festival of Trees on Facebook at facebook.com/marybridgefot.

Get support

Groups and services to give you the support you need

Alzheimer's Support Group

A support group for people who are caring for a loved one with dementia.
Third Tuesday of each month, 5 to 6:30pm
Good Samaritan Behavioral Health, room C13, 325 E. Pioneer Ave., Puyallup
Facilitator: Anita Kent, 253.697.8575, anita.kent@multicare.org

Resource Center in the Dr. Richard C. Ostenson Cancer Center

A wide range of cancer support services. The Cancer Resource Center provides patients and families with education and support to help them navigate through diagnosis, treatment and recovery.
253.697.4899

Pediatric Epilepsy and Seizure Support Group

For parents and caregivers of children and adolescents who have seizures or epilepsy.
Last Wednesday of the month, 6 to 8pm
Mary Bridge Children's Hospital & Health Center, large boardroom, first floor, East Wing, 253.792.6630

Free

Supporting the Sandwich Generation: Aging Parents and Tough Choices

Thursday, Oct. 31, 7:30 to 9am
Rainier Room at the Trout Building (second floor of Oddfella's restaurant in Auburn)
This event is free, but space is limited. Please RSVP by Oct. 25 by calling 800.485.0205.

Puyallup Caregiver Support Group

Open to anyone in the community who is providing physical or emotional care or financial assistance to an older or disabled person.
Second Monday of each month, 1:30 to 3pm
Good Samaritan Behavioral Health, room C13, 325 E. Pioneer Ave., Puyallup
Facilitator: Madred Slaker, madred.slaker@multicare.org or 253.697.8536

Puyallup Cancer Support Group

For patients, caregivers, adult family members and friends.
First Thursday of each month, 1 to 3pm
Dr. Richard C. Ostenson Cancer Center at Good Samaritan, 253.697.4899

Covington Women's Cancer Support Group

For women who are currently battling cancer or who are survivors.
Second Tuesday of each month, 6:30 to 8pm
MultiCare Covington Medical Center, Conference Room 2, 253.372.7293

Good Samaritan Mom and Baby Group

Support, education and information regarding community resources.
Tuesdays
• 10:30 to 11:30am: birth to 6 months old
• 11:30am to 12:30pm: 6 to 12 months old
253.697.5366

Mom and Baby Breastfeeding Support Group

Free.
Tuesdays, 10:30am to noon
Family Education Center, Rainier Pavilion, third floor, MultiCare Tacoma General Hospital

Man-to-Man Prostate Cancer Support Group

Facilitated by trained volunteers who have recovered from prostate cancer.
First Wednesday of each month, 7 to 9pm
Dr. Richard C. Ostenson Cancer Center at Good Samaritan, Call Weldon Plett at 253.691.2267.

Tacoma Prostate Cancer Support Group

For the newly diagnosed as well as those with recurring disease. Family members, friends and medical professionals are welcome.

Second Thursday and fourth Tuesday of each month, 6pm
University Place Presbyterian Church, 8101 27th St. W., University Place, tpcsg.info

Hospice Bereavement Services

One-on-one support groups and community referrals through MultiCare Good Samaritan • Home Health and Hospice.

253.301.6400 or
888.516.4504

Discoveries Support Groups

For families with children 4 to 18 years old who are coping with a family member's serious diagnosis. Concurrent groups for parents and children.
Mary Bridge Children's Hospital & Health Center, 253.272.8266

Puyallup Cardiac Support Group

Support for those who are dealing with heart disease. Family and friends are welcome. Facilitated by volunteer counselor and heart patient Ed Schultz. Mondays, 9 to 10am
Meridian Professional Campus, 16515 Meridian E Suite 201 B, Puyallup 253.697.8141

Auburn Caregiver Support Group

Providing resources, education and support to family members and caregivers providing physical and emotional care to individuals with dementia or other illnesses.

Second Thursday of each month, 6:30 to 8pm
MultiCare Auburn Medical Center, Intensive Outpatient Room, first floor, adjacent to the aquarium
barbara.guerrero@multicare.org or 253.333.2776

Parkinson's Support Group

For people who have been diagnosed with Parkinson's disease and their support partners.

Third Thursday of each month, noon to 1:30pm
LifeCare Center of Puyallup, 511 10th Ave. SE, Puyallup
Facilitator: Karen Williams, karen.williams@lcca.com or 253.845.7566

BRIDGES: A Center for Grieving Children

Grief support groups for families with children 4 to 18 years old who have experienced the loss of a parent or sibling. Concurrent groups for parents and children.

Mary Bridge Children's Hospital & Health Center, 253.272.8266

 Unless otherwise noted, visit multicare.org/class or call 800.342.9919 for information or to register.



MultiCare Family Birth Centers

Childbirth and family education

MultiCare Auburn Medical Center,* MultiCare Good Samaritan Hospital and MultiCare Tacoma General Hospital are here to help you and your family better understand and prepare for the arrival of your baby.

Our classes and experienced educators help you have a more satisfying birth experience. For a current schedule or to sign up for classes, visit multicare.org/childbirthclasses.

To sign up over the phone, call 800.342.9919. For other questions, call 253.897.5300.



MultiCare Family Birth Centers

Five-Week Childbirth Series

A comprehensive class covering everything from pregnancy, birth, comfort techniques, medications for birth and cesarean birth to postpartum, breastfeeding, and newborn care. Meet other expectant parents, tour our Birth Center with your educator and have plenty of time to get your questions answered. If you are hoping to avoid the use of pain medication for childbirth, this class offers the most practice with nonmedication pain relief techniques. Per class: 2½ hours; total series time: 12½ hours. Fee: \$90 or ProviderOne card

Childbirth: Two-Day Class

All the information of a five-week series, but moving much more quickly over two weekend days. Coping and support techniques for labor will be practiced both days. Tour of our Birth Center included. Each class day is 6½ hours with a lunch break. Fee: \$90 or ProviderOne card

Childbirth: One-Day Class

Just the basics for those too busy to attend the longer classes or who desire a class that moves quickly. While all subjects are touched on, the primary focus of this class is to prepare you and your birth partner for the birth itself. Eight-hour class with a lunch break. Fee: \$80 or ProviderOne card

Childbirth: Online Class

This online class offers prepared childbirth instruction in an easy-to-navigate, self-paced and convenient format. Topics covered are pregnancy, labor, birth stories, comfort techniques, medical procedures, cesarean birth, newborn care and postpartum. This class offers information in text, animation, video and 11 printable handouts. Total average viewing time is four to six hours. Fee: \$45 (not ProviderOne-eligible)

Infant/Child CPR Class

Learn infant and child CPR and how to respond to choking. Or review your skills in this class taught by an experienced CPR instructor. 1½ hours for one-night class. Fee: \$20 per person

Just for You

This 4½-hour private class covers the prenatal education topics you select. Time and subjects are arranged with the instructor. Fee: \$175 (not ProviderOne-eligible)

Newborn Basics

This one-night class offers an in-depth preparation on what to expect from your newborn and how best to care for him or her when you get home from the hospital. Sleeping, feeding, diapering, bathing and safety issues will be covered with extra time for your questions or concerns. Three hours. Fee: \$30 (not ProviderOne-eligible)

Big Brother/Big Sister

A fun 1½-hour class for 3- to 7-year-olds that helps prepare children to become older brothers or sisters. Class includes activities, safety issues and a Birth Center tour. Parents attend with their children. Fee: \$15 per family (not ProviderOne-eligible)

Mom and Baby Support Group at Good Samaritan

This support group offers informative speakers; discussion of sleep, feeding and adjustment issues; baby weight checks; and encouragement and support. No need to sign up. Tuesdays, 10:30 to 11:30am (for infants from birth to 6 months) and 11:30am to 12:30pm (for infants from 6 to 12 months) Birth Center Classroom, Good Samaritan Hospital \$5 suggested donation based on ability to pay

Birth Center Tours

View the private birthing suites, and get your questions about giving birth answered at Good Samaritan and Tacoma General hospitals. Information about registration, arrival at the hospital and what to expect during your stay will be included. Tours are free.

- Good Samaritan Hospital (30-minute tour)
- Saturdays, 1pm
- Family Birth Center lobby; no need to sign up
- Tacoma General Hospital (45-minute tour)
- Three times monthly (see class schedule online)
- Auburn Medical Center By appointment; call 253.333.2522

Mom and Baby Breastfeeding Support Group at Tacoma General Hospital

This free support group offers professional support for breastfeeding, baby weight checks; and discussion of sleep, feeding and adjustment issues. No need to sign up.

Tuesdays, 10:30am to noon Family Education Center, Rainier Pavilion, third floor, MultiCare Tacoma General Hospital

Boot Camp for Dads

A dads-only class taught by an experienced father to help expectant dads prepare for their new role. Veteran dads bring their babies to class to help offer a realistic, hands-on learning opportunity for the rookies. Three hours.

Fee: \$25 (not ProviderOne-eligible)

Breastfeeding

This one-night class offers information on the benefits and the "how to" of breastfeeding. Suggestions for overcoming difficulties and strategies for working and breastfeeding will also be covered.

Fee: \$30

*Unless otherwise specified, all classes available at both Good Samaritan and Tacoma General. Classes currently offered at Auburn: One-Day Childbirth, Two-Day Childbirth, Big Brother/Big Sister and Newborn Basics.



MultiCare Health System
P.O. Box 5299
Tacoma, WA 98415-0299

Nonprofit Org
U.S. Postage
PAID
MultiCare
Health System

Send us your
'healthy selfies'

See p. 3



MultiCare Covington Medical Center
17700 SE 272nd Street
253.372.7008

MultiCare ENT, Allergy & Med Aesthetics – Puyallup
1609 S. Menden
253.697.8980

MultiCare Gig Harbor Medical Park
4545 Pt. Fosdick Drive NW
253.530.8005

Has the summer sun, heat and wind left behind
some tell-tale sun spots on your skin? These
freckle-like brown patches are called hyper-
pigmentation, and we can help treat them.
However, they are **100% treatable**.

Enjoy a pumpkin peel for brightening

Enjoy the rich exfoliation of pumpkin pie
squares in this **NUTRITIONAL** and **FOOD-FOUR SKIN**
care treatment. The natural pumpkin and
pumpkin seed oil in this peel contain high
levels of Vitamin C and fruit acids and enzymes to
brighten brown spots and soften skin texture.

**\$75 treatment (\$90 value). Add derma-
planing for \$25**

Lighten up with IPL

For sun-damaged spots or broken capillaries, the
common Intense Pulsed Light (IPL) treatment
uses IPL to lighten brown spots and
reduce facial redness. It's a series of treat-
ments with little recovery time.

**25 percent off any package of five treat-
ments. Prices vary by treatment area.**

Regulate pigment

Speak with our knowledgeable staff to
learn which one of our safe and effective
formulas will work best for your skin type.
Our clinical treatments provide safely and
effectively brightened and lighter skin and long-
lasting moisturizing products.

**Purchase a pigment-reducing product
and receive a free spa gift with purchase.**

Promotional offers expire Dec. 31, 2013.